



New from the National Diabetes Education Program

Help for Asian Americans and Pacific Islanders with Diabetes in 16 Languages

Heart attacks and strokes are the leading causes of diabetes-related deaths. To live longer and healthier, people with diabetes need to manage their Blood Glucose, Blood Pressure, and Cholesterol.

Get information about diabetes and heart disease for your community today!

We have colorful **Patient Education Handouts**, called **“Take Care of Your Heart. Manage Your Diabetes,” Fact Sheets** on Diabetes, and a **News Story** in these languages:

- ♥ Cambodian
- ♥ Chamorro
- ♥ Chinese
- ♥ Chuukese
- ♥ English
- ♥ Gujarati
- ♥ Hindi
- ♥ Hmong
- ♥ Japanese
- ♥ Korean
- ♥ Laotian
- ♥ Samoan
- ♥ Tagalog
- ♥ Thai
- ♥ Tongan
- ♥ Vietnamese

Visit our website to download and print out as many copies as you need. All materials are copyright free!

www.ndep.nih.gov/get-info/Heart.care.htm

Need Printed Patient Education Handouts?

To order copies, check the languages you need, complete this order form and **fax it to: (301)634-0716 OR mail it to: NDIC, 1 Information Way, Bethesda, MD 20892-3560**. You will receive one (1) free package of 25 copies in each language you choose.

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A joint program of the National Institutes of Health and the Centers for Disease Control and Prevention.

Thank you for helping us get this message of hope out to members of your community!